



2010 Fall Flu Clinics Announced

This year, the Fall flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus, and the 2009 H1N1 virus that caused so much illness. Certain people are at greater risk for serious complications from the flu. These include:

- a) older people
- b) young children
- c) people with chronic lung disease (such as asthma and COPD), diabetes, heart disease, neurologic conditions, and certain other long-term health conditions
- d) pregnant women

In addition to the regular flu vaccine, there is a “high dose” vaccine available, thought to offer senior citizens more protection against the flu. The Fluzone High-Dose vaccine will only be offered to persons age 65 or older, and Medicare Part B will cover the cost. The Bay County Health Dept. has ordered both flu vaccines for the upcoming clinics. If the “high dose” vaccine supply becomes exhausted, seniors will still have the opportunity to obtain the regular flu vaccine. As a rule, Medicare will only reimburse for one flu vaccine per flu season.

Those with severe allergy to chicken eggs, with an allergic reaction to flu vaccines in the past, or who have had Guillain-Barre Syndrome (GBS) should talk with their

doctor about other ways to prevent getting the flu. Those who are ill with a fever should wait until symptoms pass to get vaccinated.

The Bay County Health Dept. will hold two clinics in the small gymnasium at the Bay Co. Community Center, 800 J.F. Kennedy Dr., Bay City. The first clinic is targeted to provide vaccinations to senior citizens and will be **Fri., Oct. 22, from 8:30 a.m. until 1:00 pm.** Those who have Medicare Part B should bring their red-white-and-blue Medicare card, so we can bill Medicare. For those without Medicare, the cost of the regular flu vaccine will be \$25.00. A limited number of pneumonia vaccines will be available for those over age 65 who have never been vaccinated. If you received the pneumonia vaccine after age 65, you should be protected. If you received the vaccine before age 65, you may need a single re-vaccination five years after the first shot. The cost of the pneumonia vaccine for those without Medicare Part B is \$38.00. There may be an administrative fee for those who pay for their shots. Those who think they may need a booster for the pneumonia vaccine should check with their doctor.

(Continued on Page 6)

See Pages 12-13 for information on Benefits Screening Clinics, a presentation on Medicare Part D, and upcoming Medicare Part D Help Sessions.

DINING CENTER

❖**Hampton A.M.** - Celebrate National Pizza Month with a pizza treat on Thurs, Oct. 7, at 11:30 a.m. Thurs., Oct. 14, at 12:30 p.m., is Apple Pie Day; join us for a sweet treat. Our Halloween Party is Thursday, October 28, at 11:30 a.m., with snacks, pop, fun, and a prize for the best Halloween outfit; join us and bring a friend. Call Susan at least 24 hours in advance at 895-5968 for lunch reservations. Suggested donation is \$2.50.



❖**Hampton P.M.** - Oct. 1 is Vegetarian Day. Oct. 8 is Fluffer Nutter Day. Oct. 11 is our 5th Annual "Be Bald & Be Free Day." Win a prize for the baldest, shiniest, smoothest, and sexiest head! Fri., Oct. 15, is Bologna Day. The week of Oct 18 is TV Theme Week. Dress like your favorite character or share your favorite memory. Our Center will be decorated as well. Monday is Little House on the Prairie; Tuesday is Gilligan's Island; Wednesday is Leave It to Beaver; Thursday is Happy Days; and Friday is The Love Boat. Oct. 25 is Gaudy Day. Oct. 26 is Old Farmer's Day; wear your bibs, straw hats, etc., and feed the chickens, slop the hogs, and milk the cows! Fri., October 29, is our Halloween Party; wear a costume and play some Halloween games. Call Sandi at 895-5968 for meal reservations.



❖**Kawkawlin Senior Dining Center** - Let's celebrate harvest time with harvest treats throughout the month and Halloween surprises October 27 and 28. Call Velda at 686-5127 for lunch reservations.

HIGHLIGHTS

❖**Rainbow Center at the Canteen** - Wed., October 13, is National Fruit Day. Enjoy a movie and popcorn on Tues., October 19. Our Halloween Party is Thurs., October 28; come dressed up for snacks and candies. Call Anjelica at least 24 hours in advance at 892-6605 for lunch reservations.

❖**Riverside Friendship Center** - Acrylic painting classes with Steve Wood continue Mon., Oct. 4, with a painting entitled "The Pumpkin Farm." On Tues., Oct. 12, we will depart for a birding and walking tour at Tobico Marsh (package cost is \$5.50). On Wed., Oct. 27, we will have breakfast at 9:00 a.m. (no lunch served today) followed by a euchre tournament. Our Halloween Party will be Oct. 29 at 9:30 a.m. with games, spooky treats, and bingo before lunch. Following lunch, we will have a special pinochle tournament with prizes awarded. Dress in your Halloween finest and receive a special treat. Call Sandy at 893-7070 for more information and lunch reservations. Suggested donation is \$2.50.



❖**Williams Senior Dining Center** - Enjoy an early Halloween treat of candy corn while playing bingo on Wed., October 13, at 10:00 a.m. On Tues., Oct. 19, at 11:00 a.m., "The Recyclables" from Bay City Players will entertain us with their comedy routines. Our Halloween Celebration will be Thursday, October 28, at 10:00 a.m.; wear a costume and enjoy root beer floats, popcorn, and pretzels. Call Mary at 662-6521 for lunch reservations.



Free Food Assistance

Anyone living on a limited income may qualify for a free gift certificate for the Angel Food Ministries program. Angel Food Ministries operates at several locations in Bay County, and a box of food that retails for about \$60 can be picked up by individuals who are approved by United Way of Bay County for this free assistance.



There is a required application process which you can learn about by calling United Way at 893-7508, ext. 12. The gift certificate program for the free food is sponsored by Bay Area Community Foundation and the United Way of Bay County.

City of Bay City Efficient Appliance Program

The City of Bay City has collaborated with United Way of Bay County to identify low-income and medically needy customers of Bay City Light and Power Company who may qualify to receive a free air conditioner or a free refrigerator. There is a required intake process and income and medical eligibility requirements for this program. Call United Way at 893-7508, ext. 12, to learn more and/or schedule an appointment to complete the application.

Pinconning Clinic Relocated

Bay Regional Medical Center services of Physical Therapy, Laboratory, and Radiology will be provided in the newly remodeled building located at 4293 North Huron Road in Pinconning. For information

on hours for Physical Therapy, call 1-989-879-5500; and for hours for Laboratory services, call 1-989-529-3108.

Recipe Corner

Southern Style Chicken Salad



8 to 12 oz. chopped cooked chicken
3 Tbsp. finely chopped red onion
2 to 3 Tbsp. finely chopped celery
1 large egg, hard boiled, chopped
1 Tbsp. dill pickle relish
1/3 to 1/2 cup mayonnaise, or as needed
1/4 tsp. salt, or to taste
1/8 tsp. freshly ground black pepper

In a bowl, combine the chicken, onion, celery, and egg; toss to blend. Add the relish, 1/3 cup of mayonnaise, salt, and pepper. Blend well. Add more mayonnaise, if desired.

Serve this delicious chicken salad in sandwiches with lettuce, pickle, and tomato slices, or pile it on lettuce for a delicious lunch. Serves 4.

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Marsha Piper Retires

Marsha Piper, Respite Care Worker for Division on Aging, retired Sept. 30. Marsha started her career with Bay County working with the Health Dept. staff to offer In-Home Respite Care to area family members caring for a frail elder or an adult with disabilities. When Division on Aging took over Personal Care and Respite Care services, Marsha continued to provide support to family members in the home setting. As she starts her retirement, we send our good wishes and thanks to her for the years of service to many residents of our County.

*Filled With
Best Wishes
And Gratitude, Too!*

Respite Care Program Changes

Bay County Division on Aging will not be offering a grant-subsidized Respite Care service after October 1. We encourage any individuals who are seeking relief or respite from caregiving duties to contact Golden Horizons Adult Day Care Center to see if their loved one might be able to be enrolled in Adult Day Care while the caregiver enjoys some time off. The telephone number for Golden Horizons is 892-6644, and day care services are available Monday through Friday from 7:30 a.m. until 5:30 p.m.

Division on Aging will continue to provide Personal Care services and Homemaking services, and our Case Managers can help individuals explore other private-pay options for more in-home support if needed.

Services offered by Lakeshore Legal Aid

Lakeshore Legal Aid receives grant funding from Region VII Area Agency on Aging to provide certain legal services to senior citizens age 60 and older in ten counties of mid-Michigan. In Bay County, the attorney for Lakeshore Legal Aid visits the Division on Aging office twice a month to meet with clients. He can assist with the following:



- guardianships and conservatorships
- powers of attorney for health care
- durable powers of attorney
- elder abuse & domestic relations issues
- Social Security, Medicare/Medicaid & SSI
- housing and landlord/tenant matters
- consumer fraud and scams
- wills, deeds, and other legal forms
- debtor and/or creditor problems

Senior citizens must call ahead to Lakeshore Legal Aid to make appointments with the attorney. Please call toll-free at 1-866-552-2889. Division on Aging donates space for the meetings, but does not schedule or supervise the attorney. Scheduling appointments for attorney visits is handled by Lakeshore Legal Aid, whose main office is located at 429 North State Street in Caro.



Movie and a Meal at Wirt Library

Back by popular demand, Division on Aging and the Bay County Library System are partnering to bring you a movie and a meal. Alice & Jack Wirt Public Library will provide the movie and the room with a full screen and full sound, and lunch will be provided by Division on Aging. Bring a comfortable cushion to put on your chair and mark your calendar for lunch and a movie. For more info, contact Debbie Keyes at 893-5834.

The first program will be Wednesday, Oct. 13, with the showing of the comedy Couples Retreat, starring Vince Vaughn and Jason Bateman. With their relationship in peril, a couple racing to salvage their marriage invites three other couples to join them at a tropical island resort. The craziness ensues from there. We will meet at 11:30 a.m. in the Community Room on the First Floor of Wirt Library, 500 Center Avenue, Bay City, with a review of the movie and a tour of the library. Lunch will be served and the movie will begin at noon. The package is \$3.00 for those age 60 and older, and \$5.00 for those under age 60, which includes the donated facilities, the movie, and \$2.50 suggested donation for lunch. Advance reservations are due no later than October 6. A volunteer will contact you for your choice of the sandwich of the week or the salad of the week. Make all checks payable to "Bay County Division on Aging." Registration forms for the Movie and Lunch Series are available at all Dining Centers and at the main office, 515 Center Avenue, Suite 202, Bay City.



On Nov. 10, the movie will be The Proposal starring Sandra Bullock and Betty White. On Dec. 15, the movie will be Everybody's Fine with Robert DeNiro and Kate Beckinsale.

Line Dancing at Riverside now only \$3.00

Get a good cardio workout at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City. Beginners are welcome. Instructor is Ruth Minster. Classes are held on the dance floor every Friday from 10:15 a.m. to 12 noon for a drop-in fee of only \$3.00. Call Sandy at 893-7070 for more info or to make lunch reservations.

Bay City Players' Recyclables

The Recyclables from Bay City Players visit Williams Senior Center, 1080 West Midland Road, Auburn, on Tuesday, October 19, at 11:00 a.m. with some good-natured fun. Call Mary at 662-6521 to reserve a meal.

Breakfast Will Be Served October 27

On Wednesday, October 27, the Bay County Community Center will host "Project Connect" which provides information on services and opportunities for those who are without work. The parking lot and the building are quite full for this event. For this reason on the above date, lunch will NOT be served, and our main meal will be breakfast served at 9:00 a.m. The menu includes sausage links, scrambled eggs, potatoes, coffee cake, and beverages. Call Sandy at 893-7070 to make your reservation.



OCTOBER 2010**DINING CENTER PROGRAMS****OCTOBER 2010**

Kawkawlin Senior Center Telephone: 686-5127
1800 East Parish Road Wednesday and Thursday, 9:00 a.m. to 12:30 p.m.
Kawkawlin, MI 48631 Site Manager: Velda Kowalsky

Wednesdays - Bingo at 9:45 a.m. (25¢ per board)
 Wednesdays & Thursdays - Smear Club, puzzles, and walking at 9:00 a.m.
 Wednesday, October 6 - Blood Pressures w/Cathy Sujkowski, R.N., at 11:30 a.m.
 Wed. & Thurs. Oct. 27 & 28 - Halloween surprises

Riverside Friendship Center Telephone: 893-7070
800 J. F. Kennedy Drive Monday through Friday, 9:00 a.m. to 2:00 p.m.
Bay City 48706 Site Manager: Sandy Jozwiak

Mondays - Men's Smear, 9:30am; Commit To Be Fit, 10-11am; Mixed Smear, 12:30pm
 Tuesdays - Knitting/Crocheting, 9:30 am; Bid Euchre, 10:00 am; Cribbage, 12:30 pm
 Wednesdays - Euchre at 9:45 a.m. **Transportation is available
 Thursdays - Commit to Be Fit, 10-11 a.m.; Bingo, 10:15 a.m.; Shuffleboard, 12:30 p.m.
 Fridays - Line Dancing, 10:15am (\$3 fee); Bingo, 10:15am; Pinochle Club, 12:30pm

Monday, October 4 - Acrylic Painting Class with Steve Wood
 Tuesday, October 12 - Tobico Marsh Birding/Walking; Blood Pressures at 11 am
 Tuesday, October 19 - Review of Medicare Part D Help Sessions at 11:45 a.m.
 Wednesday, October 20 - Low Vision Support Group at 11:00 a.m.
 Tuesday, October 26 - Birthdays and Anniversaries celebrated
 Wednesday October 27 - Breakfast & Euchre Tournament at 9 am (no lunch today)
 Friday, October 29 - Annual Halloween Party w/games, treats, bingo, pinochle

Williams Senior Center Call 662-6521
1080 West Midland Road Monday through Thursday, 9:00 a.m. to 1:00 p.m.
Auburn 48611 Site Manager: Mary Wilson

Daily - Indoor/Outdoor Walking, 9:30 a.m.-1:00 p.m.
 Mondays and Wednesdays - Bingo at 10:00 a.m.
 Tuesdays and Thursdays - Cards, games, and puzzles at 10:00 a.m.
 Monday, October 4 - Blood Pressure Clinic w/RN Dorothy McPhillips, 10:00 am
 Wednesday, October 13 - Enjoy an early Halloween treat of candy corn at 10:00 am
 Tuesday, October 19 - See "The Recyclables" from Bay City Players at 11:00 am
 Thursday, October 28 - Halloween Celebration at 10:00 a.m. - Wear a costume!
 And - Celebrate October birthdays w/cake and ice cream, flowers, and balloons

The second Benefits Screening Clinic is Friday, November 12, from 12:30 p.m. to 2:30 p.m. in the same location (Riverside Friendship Center Craft Room).

A trained staff member will be available to review eligibility guidelines for a variety of programs in our area. There may be a short wait to speak to someone. Coffee will be provided if you have to wait for one of the counselors.

Please bring the following information with you for your Benefits Check-up Screening:

- 1) Annual statement of earnings from Social Security or confirmation of your monthly Social Security payment
- 2) Information on any other regular monthly income, such as a pension, interest income, rental income, etc.
- 3) Info on assets, such as bank accounts, IRAs, retirement funds, certificates of deposit, money market accounts, stocks, bonds, and second properties or homes beyond the primary residence
- 4) Information on pre-paid burial plans and/or life insurance policies
- 5) Verification of home ownership, such as a tax bill

Staff will screen for eligibility for the following programs:

- 1) Qualified Medicare Beneficiary Program (QMB)
- 2) Specified Low-Income Beneficiary Program (SLMB)
- 3) Low-income subsidy for the Medicare Part D prescription program

4) Bridge Card (previously food stamps)
 5) Carrier Alert Program - for Bay City residents, provided by the U.S. Postal Service



- 6) Winter Protection Plan - through the City of Bay City for individuals age 65+
- 7) Reduced electrical fees for Bay City residents with medical conditions requiring daily use of oxygen or other electricity-dependent equipment
- 8) Reduced trash collection fee for seniors - for Bay City residents only
- 9) Winter Protection Plan - through Consumers Energy
- 10) Monthly food commodities through Mid-Michigan Community Action Agency - for individuals whose monthly income meets certain criteria for eligibility
- 11) Angel Food Ministries
- 12) Tuesday Toolman Program and targeted food and appliance assistance programs through United Way of Bay County

No appointments are necessary for the Benefits Screening Clinics; however, the Clinics are intended for Bay County residents age 60 and older or caregivers of individuals age 60 and older, if the senior is too frail to attend the Clinic. For more information on the Benefits Screening Clinics, please call Beth or Jessica at 895-4100 or toll-free at 1-877-229-9960.



Special thanks to Kristina Rubis and Kristi Bueche, from Region VII Area Agency on Aging, who will be lending their expertise during the November 12 Benefits Screening Clinic.

**Presentation Planned
Medicare Part D Program/Fall Schedule**

On Tues., October 19, at 11:45 a.m., Beth Eurich, Case Manager from Bay County Division on Aging and MMAP certified counselor, will visit Riverside Friendship Center to provide a brief presentation on two topics. The first topic is the upcoming schedule of Help Sessions for the annual enrollment for Medicare Part D Prescription Drug plans. Individuals turning 65 in 2010 will be eligible to enroll in Medicare Part D for the first time in November and December. Anyone interested in reviewing plans in relation to the medications they are taking may schedule an appointment to work with MMAP-trained staff and volunteers. Beth will review the schedule and procedures for making an appointment. She will also have flyers on two upcoming Walk-In Clinics, where staff can review with interested senior citizens or their family members the various benefit programs available. Residents of the City of Bay City are encouraged to stop in to learn more about the eligibility for several programs offered by the City.

Medicare Part D Help Sessions will be on Tuesday afternoons beginning November 16 at Riverside Friendship Center in the Computer Lab and are by prior appointment only. If you are interested in scheduling an appointment, please call 895-4100 or toll-free at 1-877-229-9960 and ask for Beth or Jessica. If Tuesdays will not work for you, you may contact the Medicare/Medicaid Assistance Program at 1-800-803-7174 to

schedule an appointment with counselors at Region VII Area Agency on Aging. See the next issue of Wonderful Times for a complete description of items to bring.

Walk-In Benefits Screening Clinics

Do you ever wonder if you are getting all the financial benefits that you are entitled to receive? Do you know about the Bridge Card? Do you know about the food commodities program or Angel Food Ministries? Do you know about Carrier Alert or the Winter Protection Plan? Division on Aging and Michigan Medicare/Medicaid Assistance Program (MMAP) are collaborating to offer senior residents of Bay County two opportunities to attend a free Benefits Screening Clinic. These clinics will be available to the public on a first come/first served basis; no appointments necessary.

The first Walk-In Benefits Screening Clinic will be Friday, October 22, from 9:00 a.m. to 11:30 a.m. in the Craft Room at Riverside Friendship Center. If you are age 60 or older and you would like to stay for lunch, please call Sandy at 893-7070 by noon October 21 to make your meal reservation.

For your convenience, this Walk-In Clinic is being held on the same day as the Fall Flu Clinic. You can get your flu shot and then visit the Craft Room (in the Senior Center) to meet with staff who will complete the benefits screening and provide application materials if it appears that the individual will qualify for one or more of the programs.



OCTOBER 2010 DINING CENTER PROGRAMS OCTOBER 2010

Rainbow Senior Center
800 Livingston Avenue
Bay City 48708

Telephone: 892-6605
Tues., Wed., and Thurs., 9:30 a.m. to 1:30 p.m.
Site Manager: Anjelica Rodriguez

Wednesdays - Walking Club at 9:30 a.m.
Thursdays - Bingo at 10:30 a.m. **Transportation is available
Thursday, October 7 - Blood Pressure Clinic w/Cathy Sujkowski, RN, 11:30 a.m.
Wednesday, October 13 - National Fruit Day – Join us for some yummy fresh fruits
Tuesday, October 19 - Movie and Popcorn
Thursday, October 28 - Halloween Party - Come dressed up for snacks & candies

Hampton Happy Hearts A.M. **Telephone: 895-5968**
801 West Center Road
Essexville 48732

Monday through Thursday, 10:00 a.m. to 2:00 p.m.
Site Manager: Susan Howell

Daily - Music and fellowship; Cards at 10:15 a.m.; Bingo at 12:45 p.m.
Tuesday, October 5 - Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am
Thursday, October 7 - Celebrate National Pizza Month w/a pizza treat at 11:30am
Thursday, October 14 - Apple Pie Day - Join us for a sweet treat at 12:30 p.m.
Wednesday, October 20 - Birthday and Anniversary Day at 12:30 p.m. w/ice cream
Thursday, October 28 - Halloween Party at 11:30 a.m.

Hampton Happy Hearts P.M. **Telephone: 895-5968**
801 West Center Road
Essexville 48732

Monday through Friday, 2:00 p.m. to 6:00 p.m.
Site Manager: Sandi Fader

Daily - *Cards, games, library, music, and fellowship, 2:00 p.m. to 6:00 p.m.
Thursdays - Variety Tones - 2:00 p.m. to 5:00 p.m. - October 14 and October 28
Fridays - Hampton P.M. seniors wear blue every Friday until all troops are home
Tuesday, October 5 - Blood Pressure Clinic w/Cathy Sujkowski, RN, at 4:15 pm
Thursday, October 7 - Do Something Nice Day - Write, be, or do something nice
Wednesday, October 11 - 5th Annual “Be Bald & Be Free” Day
Wednesday, October 13 - World Smile Day - :) smile :) smile :) smile :)
Tuesday, October 26 - Old Farmer’s Day - Wear your bibs, straw hats, etc.
Thursday, October 28 - Birthday Celebrations at 5:30 p.m.
Friday, October 29 - Halloween Party - Halloween games - wear a costume
***You must be a site participant to enjoy these activities**

(Continued from Page 1)

Senior citizens are encouraged to wear loose-fitting clothing and short sleeves or sleeves that can easily be rolled up. Bring your driver's license or other ID, as this assists staff and volunteers when preparing the paperwork for billing Medicare.

Officials do not anticipate a shortage of vaccine for the 2010-2011 flu season; however, the dates for shipping the vaccine have not yet been confirmed. If the Health Department does not receive its full shipment of vaccine or if the shipment is delayed, this could affect the date and/or hours of the first Fall flu clinic. Beginning October 11, an information line, 895-4192, will be updated with current information about the Fall flu clinics. Before leaving to attend the October 22 clinic, please check the information line to assure that the vaccines have been received and the clinic will be held as planned. If, for any reason, vaccines are delayed, messages about the cancellation or rescheduling of the Fall senior clinic will be placed on the information line. See below for information on the clinic that will be held November 3 for children and other adults needing the flu shot. Please note that, if you are over age 65 and were vaccinated against H1N1 flu last year, you still need to get a flu shot for the upcoming flu season. For more detailed information on flu, please go to the Health Department website at www.baycounty-mi.gov/Health.

Children ages six months and older are also a high-risk group and should be

vaccinated against the flu. A special clinic for young children and adults is scheduled for Wednesday, November 3, in the small gym of the Bay County Community Center, 800 J.F. Kennedy Drive, Bay City. The hours of this clinic will be from 1:00 p.m. until 7:00 p.m. These hours should be convenient for parents to take their children for vaccination after pre-school, after school, and after normal working hours. Please bring with you your insurance card. Those who do not have insurance will be asked to pay the fee of \$25.00 for the flu shot. Children six months to eight years of age getting a seasonal flu vaccine for the first time need two doses at least four weeks apart the first year they are vaccinated, in order to develop immune protection. This includes children who received one or two doses of the 2009 H1N1 flu vaccine, but who have never received a seasonal flu vaccine.



Children younger than six months cannot receive the vaccine. It is recommended that their parents and caregivers get the flu vaccine as a preventative measure to protect the health of very young infants. Employees of day care centers as well as parents and informal caregivers of infants can also be vaccinated at the clinic planned for November 3. Please call the information line at 895-4192 to confirm that the clinic will be held as planned. If there is any delay in receipt of the vaccine, or if only certain quantities and/or types are available, this information will be placed on the information line.



Calendar Notes (Cont'd.)

✓Free breast cancer screening at **Bay Diagnostic Center**, BRMC West Campus, 3175 West Professional Drive, Bay City, on Tues., Oct. 5 & Tues., Oct. 19. Screening is targeted for women age 40 and older who have not had a mammogram for 12 months and have no health insurance. Pre-registration is required. Call 667-6350 between 8:00 a.m. & 3:00 p.m. to register.

✓**Bay Concert Band** Fall Concert is Tues., October 26, at 7:30 p.m., in the auditorium at Bay City Central High School. Tickets are \$8 for adults and \$5 for senior citizens and are available at the door or at Herter Music Center, Bay Arts Council, or Bay Regional Medical Center Gift Shop. For more info, contact Alan Golden at 737-0851.



✓The **Bijou Orchestra** will present "10,000 Dreams" Oct. 9 at 8:00 p.m. and Oct. 10 at 2 p.m., at the State Theatre, including musical selections and silent film excerpts from 100+ years of State Theatre history with guest soloists Scott Sowinski, Charissa Armon, and Bob Bloenk. Tickets are \$10, \$20, \$25 or \$30. Call 892-4200 for more info or visit www.thebijou.org.

✓**The Historical Museum of Bay County**, 321 Washington Ave., Bay City, continues its "Second Saturday" series Oct. 9 from 1 p.m. to 2 p.m. with "10,000 Dreams: The Making of a Musical History of the State Theatre" with Leo Najjar, Artistic Director of the Bijou Orchestra. There is no fee and

refreshments will be served. For more information, call 893-5733.

✓The Bay County Historical Society presents the annual **Tour of Homes** on Oct. 10 from 11 a.m. until 5 p.m. The Tour features five homes on the East Side, three condos in the Jennison Bldg., and Trinity Episcopal Church and Temple Beth Israel. Tickets are \$12 if purchased in advance and \$15 the day of the tour. Please call the Museum at 893-5733 for more information.

✓The **Osher Lifelong Learning Institute (OLLI)** offers the following classes in October: *Draw Out Your Creative Side* Oct. 5, 12, 19, and 26; *Intermediate Drawing* Oct. 5, 12, 19, and 26; *John Pratt Mosaic House: The Man & His Art* Oct. 6; *Singing for Pleasure* Oct. 5, 12, 19, and 26; *Magic, Mirth, Movies and Music for Grandmas and Grandpas* Oct. 27 and Nov. 3, 10, and 24; *Getting Started on eBay* Oct. 1; *Early British Gothic Novels* Oct. 4, 11, 18, and 25 and Nov. 1; *Fun With Grammar* Oct. 29 and Nov. 5, 12, and 19; *Iroquois Ways* Oct. 7, 14, 21, and 28; *Best of Behind Closed Doors* Oct. 6, Nov. 3, and Dec. 1; and *The Real World of Forensic Science* Oct. 4, 11, and 18. For information on specific times, fees, and locations of classes, contact OLLI at 964-4475, or visit the website at www.svsu.edu/cbed/olli.



✓The **Lincoln Road Dancers** remind adults that music for their dancing pleasure will be provided Tuesdays from 1:30 p.m. to 4:15 p.m. at Lincoln Road Hall, 79 South Lincoln Road, Bay City.

✓Calendar Notes:

✓Hampton Happy Travelers is sponsoring a casino trip to Soaring Eagle Casino in Mt. Pleasant on Tuesday, October 26. The meal will be catered by Division on Aging. Reservations are required. For more information, call Don at 895-5968 Monday through Thursday from 11 a.m. to 2 p.m.

✓Riverside Travelers is sponsoring a Fall Color Tour and Wine Tasting October 19. The cost is \$28.00, which includes the bus to Standish, stops along the AuSable River, and a visit to the Rose Valley Winery. Cold lunch will be catered by Division on Aging. To register or for more info, call Shirley at 893-7070. Payment must be made to Shirley Keenan, c/o Riverside Travelers.

✓Golden Horizons announces the scheduling of “Overview of Alzheimer’s and Other Dementias” on Monday, October 11, from 7:00 p.m. to 9:30 p.m. and again on Thurs., October 14, from 9:30 a.m. to noon. Learn more about dementia, a group of symptoms that include: memory loss, declining intellectual abilities, confusion and personality changes. Alzheimer’s disease is just one cause of dementia. Includes information on legal, financial, and health care issues. A session entitled “Managing Difficult Behaviors” will be offered Oct. 19 from 9:30 a.m. to noon and again Oct. 21 from 7:00 p.m. to 9:30 p.m. Understand causes of difficult behaviors exhibited by a person with dementia/Alzheimer’s disease, such as wandering, agitation, restlessness, sundowning, wanting to go home,



repeating, etc. Learn techniques to reduce and manage these behaviors. There is no fee, but advance reservations are required by calling 892-6644. All classes are held at Golden Horizons, 1001 Marsac Street, Bay City, and are open to family caregivers as well as paid caregivers. Funding is provided by Region VII Area Agency on Aging and the Alzheimer’s Fund of the Bay Area Community Foundation.

✓The Bay County Alzheimer’s/Dementia Caregiver Support Group meeting will be held Oct. 12 from 7:00 p.m. to 9:00 p.m. at Golden Horizons, 1001 Marsac. Facilitator is Stacy McIntyre, LMSW. The group meets the second Tuesday of each month.

✓The Center for Rehabilitation, West Campus, 3190 E. Midland Road, Bay City, will host the Amputee Support Group Tues., Oct. 5, from 12 noon to 1:00 p.m. The Bay Area Stroke Support Group will meet at the Center for Rehabilitation Tues., Oct. 12, from 3:30 p.m. to 4:30 p.m. Call 667-6736 for more information. For info on other support group meetings, go to the website, www.bayregional.org.

✓Healthy Living Series, sponsored by the Center for Rehabilitation, presents “Balance and Fall Prevention” on Wed., Oct. 13, from 6:30 p.m. to 8 p.m. Crystal Parker, Physical Therapist, will discuss ways to prevent falls in the home, including the use of assistive devices to aid in balance, exercises to improve strength and balance, and safety checklists for the home. Register by calling 667-6600. There is no fee. Held at Lincoln Center, 820 S. Lincoln, Bay City.



HAMPTON EVENING DINING CENTER MENU
Reservations must be made one day in advance.
Meals served at 5:00 p.m.
Milk served with all meals.



OCTOBER 2010 BAY COUNTY DIVISION ON AGING HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(4) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES (1) SPINACH WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(5) BEEF POT ROAST SCALLOP POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)	(6) HOT DOG W/CONEY SAUCE ON WHOLE WHEAT BUN (1) HOMESTYLE FRIES (1) EUROPEAN BLEND VEGETABLES HAWAIIAN FRUIT (1) FAT-FREE MILK (1)	(7) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (2) MIXED VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)	(8) HAND CUT BEEF TIPS OVER EGG NOODLES (1) STEAMED BROCCOLI VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)
(11) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(12) HAM W/PINEAPPLE SAUCE SWEET POTATO (3) WAX BEANS MULTI-GRAIN DINNER ROLL & OLEO (1) LEMON PINEAPPLE JELLO (1) FAT-FREE MILK (1)	(13) SPAGHETTI WITH HOMEMADE MEAT SAUCE (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(14) HONEY-MUSTARD CHICKEN BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) WHITE CAKE WITH FROSTING (3) FAT-FREE MILK (1)	(15) TURKEY POT ROAST MASHED POTATOES W/TURKEY GRAVY (2) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) FRUIT (2) FAT-FREE MILK (1)
(18) GOLD COAST PORK CHOPS MASHED POTATOES (1) MIXED VEGETABLES (1) WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES FAT-FREE MILK (1)	(19) CHICKEN W/TARRAGON GRAVY OVER BROWN RICE (1) ITALIAN BEANS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) LEMON PUDDING CAKE (3) FAT-FREE MILK (1)	(20) SWEDISH MEATBALLS OVER EGG NOODLES (2) GREEN BEANS MARINATED CARROTS (1) MULTI-GRAIN DINNER ROLL & OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(21) BROCCOLI/CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(22) HOMEMADE MEATLOAF (1) MASHED POTATOES W/BEEF GRAVY (1) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)
(25) OVEN BAKED BBQ CHICKEN OVEN BROWNED POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)	(26) TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGETABLES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHOCOLATE CAKE (3) FAT-FREE MILK (1)	(27) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (2) GREEN PEAS MULTI-GRAIN DINNER ROLL & OLEO (2) PEAR JELLO WWWIPPED TOPPING (1) FAT-FREE MILK (1)	(28) SALISBURY STEAK (1) MASHED POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(29) CHICKEN PARMESAN OVER SPAGHETTI NOODLES (1) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)

Regarding any activity/event at the Bay County Division on Aging: Individuals with disabilities may request auxiliary aids/services by providing ten days’ notice to the County of Bay before the scheduled event. Requests should be directed to Michael Gray at (989) 895-4130 or TDD at (989) 895-4049.



BAY COUNTY DIVISION ON AGING
DINING CENTERS AND HOME DELIVERED MEALS
Reservations must be made one day in advance to attend any Dining Center
Most Dining Centers scheduled to serve luncheon at noon



DINING CENTERS ONLY

OCTOBER 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(4) BEEF POT ROAST BAKED POTATO (3) STEWED TOMATOES (1) WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(5) SLICED TURKEY MASHED POTATOES (1) W/TURKEY GRAVY WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(6) COD FILET SANDWICH (1) ON A WHOLE WHEAT BUN (2) HERB BAKED POTATOES (1) CREAMY COLESLAW (1) FRUIT (2) FAT-FREE MILK (1)	(7) DUTCH CHICKEN DUTCH POTATOES (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PEACHES 'N' CREAM CAKE (3) FAT-FREE MILK (1)
(11) OVEN-BAKED CHICKEN RED SKIN POTATOES W/ONION CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) DICED PEARS (1) FAT-FREE MILK (1)	(12) HOMEMADE GOULASH (2) SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(13) CHICKEN TENDERS BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) BITE-SIZE PEACHES (1) FAT-FREE MILK (1)	(14) PORK CHOP WITH MUSHROOM GRAVY MASHED POTATOES SPINACH WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(18) LUNCHEON STEAK W/TOMATO SAUCE MASHED POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESAUCE (1) FAT-FREE MILK (1)	(19) BAKED PORK CHOP CANDIED SWEET POTATO (3) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL CAKE (3) FAT-FREE MILK (1)	(20) HOMEMADE CHILI (2) SALTINE CRACKERS (1) BAKED POTATO (3) STEAMED BROCCOLI FRUIT (2) FAT-FREE MILK (1)	(21) SLICED HAM RED SKIN POTATOES (2) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)
(25) LEMON PEPPER TILAPIA (1) BAKED POTATO (3) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(26) HUNGARIAN PORK CHOP MASHED POTATOES (1) MIXED VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)	(27) CABBAGE CASSEROLE (2) WHOLE KERNEL CORN (1) GARLIC BREAD STRAWBERRY POKE CAKE (3) FAT-FREE MILK (1)	(28) ROAST BEEF & AuJUS MASHED POTATOES W/BEEF GRAVY (2) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)

SALAD/SANDWICH MENU

OCTOBER 2010

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 10-4 THRU 10-7-10) <u>SWEET & SOUR CHICKEN SALAD</u> ALL WHITE MEAT CHICKEN ON A BED OF CHOPPED ROMAINE LETTUCE WITH TOASTED SESAME SEEDS & ALMONDS WITH RED ONION, TOMATO, CHINESE NOODLES, AND SWEET & SOUR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>SMOKED HAM & SWISS ON RYE</u> SMOKED HAM WITH SWISS CHEESE ON RYE BREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, BABY CARROTS, CUCUMBER SPEARS, AND DIJON HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 10-11 THRU 10-14-10) <u>GREEK SALAD</u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY & SWISS WRAP</u> SHAVED TURKEY & SWISS CHEESE ON WHOLE WHEAT FLATBREAD WITH RED ONION, TOMATO, ROMAINE LETTUCE, CUCUMBER, BABY CARROTS, AND RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 10-18 THRU 10-21-10) <u>CAESAR SALAD</u> CAESAR SALAD WITH BAKED CHICKEN, ROMAINE LETTUCE, TOMATO WEDGES, CHEESE, CROUTONS, AND MARZETTI CAESAR DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>HOMEMADE MEATLOAF SANDWICH</u> HOMEMADE MEATLOAF PLACED ON RYE BREAD WITH AMERICAN CHEESE, ROMAINE LETTUCE, RED ONION, CUCUMBER SPEARS, AND BABY CARROTS SERVED W/HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 10-25 THRU 10-28-10) <u>CHEF SALAD</u> TURKEY AND SMOKED HAM STRIPS WITH CHEDDAR CHEESE, EGG, RED ONION, TOMATO, AND CROUTONS ON CHOPPED ROMAINE LETTUCE WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TUNA SALAD WRAP</u> CREAMY TUNA SALAD PLACED ON A WHOLE WHEAT WRAP WITH ROMAINE LETTUCE, RED ONION, AND SLICED TOMATO SERVED WITH RANCH DRESSING, CUCUMBER SPEARS, AND BABY CARROTS DESSERT/FRUIT OF THE DAY FAT-FREE MILK

FRIDAY
RIVERSIDE
DINING CENTER
ONLY

- (8)
SPANISH RICE (2)
BROCCOLI
CARROT RAISIN SALAD (1)
MULTI-GRAIN
DINNER ROLL & OLEO (2)
MIXED FRUIT CUP (1)
FAT-FREE MILK (1)
- (15)
BOILED DINNER (1)
MULTI-GRAIN
DINNER ROLL & OLEO (2)
OATMEAL
APPLESAUCE CAKE (3)
FAT-FREE MILK (1)
- (22)
CHICKEN TARRAGON
OVER BROWN RICE (1)
EUROPEAN BLEND
VEGETABLES
TOSSED SALAD & DRESSING
MULTI-GRAIN
DINNER ROLL & OLEO (2)
FRESH FRUIT (1)
FAT-FREE MILK (1)
- (29)
BAKED CHICKEN SANDWICH (1)
ON A WHOLE WHEAT BUN (2)
LETTUCE & MAYO PACKETS
HOME FRIES (1)
CARROT RAISIN SALAD (1)
FRESH FRUIT (2)
FAT-FREE MILK (1)